

Metro Parks' disABILITIES Programs

The Metro Parks' disABILITIES Programs are a collection of recreational programs designed for youth, young adults (16-22), and adults (22+) with Intellectual and Developmental Disabilities. They include a variety of programs and activities ranging from Day Programs & Sports Trainings to Outdoor Recreation & Summer Programs. You may register for our programs by filling out and returning the attached application or emailing golden.adkins@nashville.gov. Some programs currently have waiting lists.

Adult Day Programs

Our Adult Day Programs operate Monday-Thursday from 9:00-3:00 from August-May. We currently have 2 locations. Our main location at Hartman Park operates Monday-Thursday, and our satellite site at Coleman Park operates Monday & Wednesday. Activities include Arts & Crafts, Sports Trainings, Exercise/Fitness Classes, Karaoke, Drama Club, Field Trips, Cheerleading, and more.

Adult Summer Program

Our Adult Summer Program is an extension of our Adult Day Programs, but operates only on Tuesdays and Thursdays during the months of June & July. During this program, we spend more time in the community and taking advantage of the various Metro Parks and other attractions around Nashville. We also do many of the same programs that we offer during our Adult Day Programs.

Community Days

Our community days are activities and events that are designed for individuals with Intellectual and Developmental Disabilities who have their own staff/caregivers. These are 1-4 hour activities that are open for anyone to attend. Past activities include bowling, movie days, Christmas Shopping Day, trips to Sky High Sports, and Family Fun Centers.

Bowling League

Our Bowling League meets on Tuesday afternoons at AMF PlaMor lanes from 2:30-4:30. We operate in three 10 week sessions, and have sessions beginning in January, June, and September. Registration is accepted year round, and our capacity is 100 participants.

AMF PlaMor Lanes
2906 Foster Creighton Dr.
Nashville, TN 37204

Young Adult Summer Program

Our Young Adult Summer Program is designed for individuals ages 16-22. It is open from 9:00-3:00 on Wednesdays and Fridays during the months of June & July. We do activities including Arts & Crafts, Exercise & Fitness Activities, Field Trips, Bowling, Swimming, and more.

Family Events

Our family events are activities designed for the whole family. Past events have included Dances, Family Bowling Days, Family Swim Days, Family Nights, Halloween Festivals and more.

Best Buddies

The mission of the Best Buddies is to establish a global volunteer movement to create one-on-one friendships, integrated employment, and leadership development for people with Intellectual and Developmental Disabilities. Our Best Buddies Program is partnered with Vanderbilt University and has been going strong for over 12 years.

Nature Pals (Young Adults)

Nature Pals is a partnership program with the Hume-Fogg High School Nature Pals Club. It is designed to bring high school aged students with and without Intellectual and Developmental Disabilities together on a monthly basis to do outdoor recreation based activities. Activities include hiking, camping, stargazing, bonfires, geocaching, and more.

Special Olympic Training

We train all of our Day Program participants to compete in Special Olympics activities and are a resource for Special Olympics information. Special Olympics Tennessee Sports include Flag Football, Soccer, Bowling, Skiing, Speed Skating, Snowboarding, Basketball, Bocce, Aquatics, Powerlifting, Track & Field, and golf.

For questions or more information about our programs, please call our office at 862-8479 or email Glen Adkins at golden.adkins@nashville.gov. Please like our Facebook page at www.facebook.com/metroparksdisABILITIES for schedules & updates.

The Metro Board of Parks & Recreation does not discriminate on the basis of age, race, sex, color, national origin, or disability in admission, access to, or operation of its programs, services, or activities. For TTY (relay service), please call 1-800-849-0299.

♿ For questions, concerns, or requests regarding the American Disabilities Act, call 615-862-8400.